

PORK TACO FILLING, FROZEN

for use in the USDA Household Commodity Food Distribution Programs

10/29/02

Product Description

Pork Taco Filling consists of a mixture of fully cooked ground pork, and may contain vegetable protein. It is seasoned with mild Mexican flavorings and is frozen.

Pack/Yield

- Pork Taco Filling is packed, frozen, in 4-pound bags.
- Each 4-pound bag will yield 16 4-ounce servings.

Storage

- Keep Pork Taco Filling frozen at 0°F or below in original package.
- Store leftover Pork Taco Filling in a covered container and refrigerate. Use within four days.

Preparation

Pork Taco Filling may be heated by:

- Placing sealed bag in boiling water for approximately 15 minutes. Open bag carefully to avoid being burned.
- Opening bag and cooking in a pan on medium heat until product reaches the temperature of 165°F.



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Uses and Tips

- Use Taco Filling as the meat portion in tacos with hard or soft corn or flour tortillas.
- Use as a topping for salads.
- Use as the meat filling in a Mexican lasagna, substituting cheddar cheese, salsa, and tortillas for the mozzarella, tomato sauce, and noodles.

Nutrition Information

- ***Taco Filling*** is an excellent source of protein.
- 4 ounces of Taco Filling provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size ½ cup (150g) Cooked Taco Filling	
Amount Per Serving	
Calories 140	Fat Cal 54
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.0g	10%
Cholesterol 25mg	8%
Sodium 570mg	23%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Protein 15g	30%
Vitamin A 20%	Vitamin C 10%
Calcium 5%	Iron 11%
*Percent Daily Values are based on a 2,000 calorie diet.	

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